

2-Minute Keto Chocolate Chip Cookie

Hands-on 2 minutes Overall 2 minutes

Nutritional values (per cookie): Total carbs: 12.5 g, Fiber: 6.3 g, **Net carbs: 6.2 g**,

Protein: 10.7 g, Fat: 29.6 g, Calories: 381 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 cookies)

1/3 cup toasted [almond butter](#) or [Almond & Cashew Butter](#) or [Sunbutter](#) (83 g/ 2.9 oz)

1 large egg yolk

2 tbsp powdered [Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz) - can be omitted or replaced with 5-10 drops [Stevia extract](#) such as [NuNaturals](#)

pinch salt

2 tbsp chopped [dark chocolate](#), ideally 85-90% (28 g/ 1 oz)

Optional: serve with [mascarpone](#), unsweetened whipped cream or [creamed coconut milk](#)

Tip: Reserve the egg white for [Low-carb Bread](#) (several recipes), [Sugar-free Meringues](#), [Raspberry Meringue Pie](#) or [Lemon Meringue Tartlets](#).

Instructions

1. In a bowl, mix the almond butter, egg yolk, erythritol and salt.
2. Add dark chocolate chips and mix again.
3. Divide the dough between two ramekins and press down using a spoon.
4. Microwave each for 60-90 seconds, checking half way through ensuring that the cookies don't burn. The longer you cook them, the crispier they will get. These cookies will continue to cook as they cool down so keep that in mind. *Depending your preferences, you'll need 40-60 seconds for a gooey cookie, and up to 90 seconds for a crispy cookie.*
5. Serve warm or let them cool down and they will crisp up. Optionally, serve with a dollop of [mascarpone](#), unsweetened whipped cream or [creamed coconut milk](#). To store, place in a container and keep at room temperature for up to 5 days. *Tips for cooking in the oven: If you don't have a microwave, I suggest you make 4-8 cookies at once. Preheat the oven to 175 °C/ 350 °F and cook for 8-12 minutes.*

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